

Add barbecue sauce and garlic for a tangy spin on shredded beef Shoulder Roast. Serve on Kaiser rolls for sandwiches that everyone will love for lunch or dinner.

[illegible]

3.00  
Hours



6  
Servings



42 Cal



33g  
Protein

[illegible]

[illegible]

1 beef Shoulder Roast, Boneless (2-1/2 pounds)

2 teaspoons olive oil

[illegible]

[illegible]

1 can (14-1/2 ounces) beef broth

[illegible]



[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1-1/2 cups barbecue sauce

[illegible]

[illegible]



6 Kaiser rolls, split

[illegible]

[illegible]

[illegible]

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## COOKING

1. Heat oil in stockpot over medium heat until hot. Place beef pot roast in stockpot; brown evenly. Pour off drippings; season with salt and pepper, as desired.
2. Heat oil in stockpot over medium heat until hot. Place beef Shoulder Roast, Boneless in stockpot; brown evenly. Pour off drippings; season with salt and pepper, as desired.
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143. Add broth and garlic to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/4 to 2-1/2 hours or until pot roast is fork-tender.

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minutes or until heated through, stirring frequently, adding enough reserved cooking liquid (up to 1/2 cup) to maintain a moist consistency, if necessary. Serve on rolls.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein |  |  |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 6         |          | 11g       | 80mg    |        | 39g        | 33g     | 1   | 0   |

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com